

PROMOTING OLDER ADULTS' ACCESS TO MENTAL HEALTH SERVICES AT SENIOR HOUSING: A COMMUNITY OUTREACH AND EDUCATION STRATEGY

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Older Adult System of Care Bureau

Workshop Objectives

- ❖ How to identify and establish the essential elements of a partnership between a senior housing project and mental health;
- ❖ Ways to implement strategic collaboration between property manager and mental health staff to reduce mental health stigma, promote mental wellness through community education, and linkages to culturally and linguistically appropriate resources.

Overview

LAC-DMH is the largest county mental health department in the United States.

DMH provides a range of mental health services to consumers and families.

DMH directly operates more than 80 programs, and contracts with more than 700 providers including non-governmental agencies and individual practitioners.

Approximately 250,000 people were served in FY 2011-12.

Los Angeles County Department of Mental Health Mission

Our mission is to enrich lives through partnership designed to strengthen the community's capacity to support recovery and resiliency

We Serve...

Children (0-15 years)



Transition Age Youth (16-25 years)



Adults (26-59 years)



Older Adults (60 years and over)



Array of Mental Health Services

- ❖ Mental Health Services
- ❖ Targeted Case Management
- ❖ Adult Residential Services
- ❖ Crisis Residential Services
- ❖ Psychiatric Health Facility
- ❖ Day Treatment
- ❖ Socialization
- ❖ Medication Services
- ❖ Crisis Intervention

Prevention and Early Intervention (PEI) Services

- ❖ Target population: Older adults who experience mild to moderate symptoms of stress, anxiety, and depression
- ❖ Short-term mental health services
- ❖ Field based services
- ❖ Educate community about Mental Health
- ❖ Consultation to community providers including primary care providers
- ❖ Evidenced Based Practices

Stigma

- ❖ Mental Illness is a disorder of the brain impacting 1 in 6 ..adults
 - Genetics
 - Biological
 - Environmental
 - Social and Cultural
- ❖ Stigma about mental illness may impact ..individuals help seeking behavior
 - Myths about mental illness
- ❖ Individuals can recover from mental illness through ..treatment

Stigma

- ❖ About 2/3 of individuals with mental health disorders do ..not seek treatment.
- ❖ Stigma is among one of the barriers and discouraging ..factors in receiving and seeking mental health services.

www.surgeongeneral.gov

Why Collaboration

- ❖ Increase access to services
- ❖ Outreach to under-served population
- ❖ Improve care coordination
- ❖ Maintain older adult in the less restrictive environment/ community
- ❖ Maximize resources
- ❖ Improve skill set of staff through cross training
- ❖ Decrease stigma and discrimination

Community Outreach Presentation Topics

- ❖ Health, Wellness and Wholeness
- ❖ Depression and Anxiety
- ❖ Preserving your memory
- ❖ Good Sleep for Emotional Well-Being
- ❖ Hoarding
- ❖ Promoting Emotional Well-Being
- ❖ Managing your Medication
- ❖ Substance Use
- ❖ Holiday Blues

Mental Wellness Series

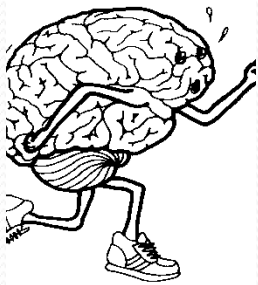
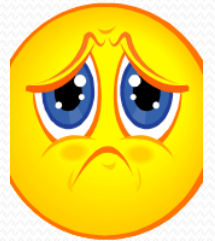


Health, Wellness, and Wholeness

Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Learn how establishing social networks and support can benefit you, your friends, your family and the community in which you live.

Depression and Anxiety

Learn to recognize the symptoms of depression and anxiety in seniors. Find out what contributes to these problems and what needs to be done when you or someone you love suffers from depression or anxiety.



Preserving Your Memory

As we age we have moments of forgetfulness and they're always annoying. Useful tips and brain exercises to sharpen your thinking and keep moments of forgetfulness to a minimum.

Mental Wellness Series



Good Sleep for Emotional Well-Being for Older Adults

Getting a good night's sleep is key for emotional well-being. Learn about the importance of sleep and get helpful tips on healthy sleep habits.

Hoarding

Is hoarding more common among seniors? How does hoarding affect one's family and those living around them? Learn to identify the differences between collecting, cluttering, and hoarding, and the need for treatment for those who might have a significant problem.



Promoting Emotional Well-being

Learn about symptoms of depression, warning signs of suicide and recommendations for emotional well-being.

Mental Wellness Series



Managing Your Medication

Learn the importance of sticking to your medication regimen. Get tips on what to ask your doctor and pharmacist when you get a new prescription and other useful information on the proper use of medications.

Resiliency

We all have challenging events that occur in our lives, but how can we better cope with the stress of these life events, particularly as seniors? Resilience is an ability that can be developed in anyone with the right tools. Learn tips on cultivating this valuable skill.



Mental Wellness Series

Substance Use

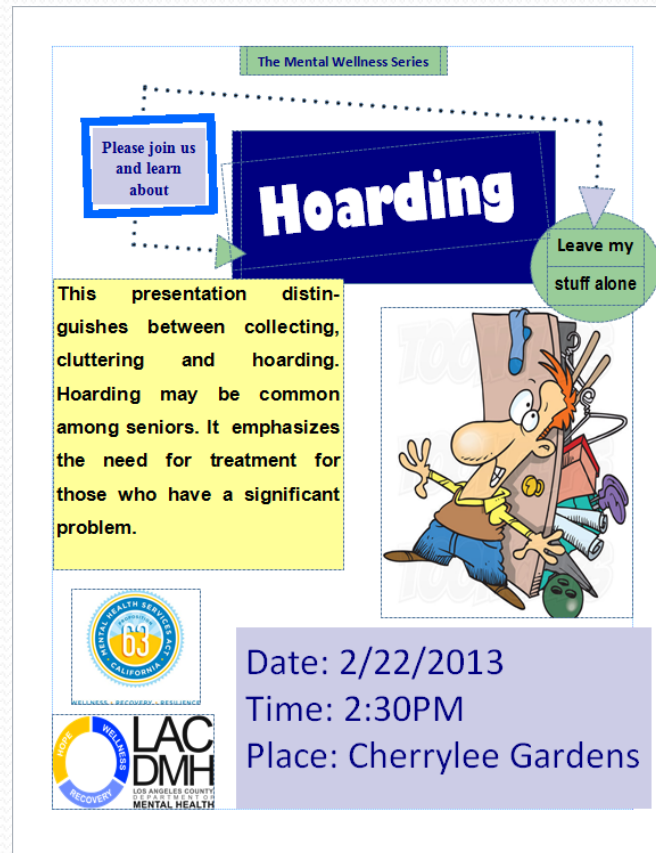
Learn about the different forms of substance use and how the use of substances can affect seniors physically and emotionally. Find out how substance use can impact the effect of your prescribed medications.



Holiday Blues

Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social support. This seasonal presentation discusses strategies to combat feelings of sadness or “the blues” during the winter holidays.

Sample Flyer Hoarding




Sample Flyer

Depression and Anxiety



The Mental Wellness Series

Dealing with Depression and Anxiety



Have you or someone you know been feeling sad or nervous?

This presentation gives information to help seniors recognize depression and anxiety. Seniors will learn what contributes to these problems and what needs to be done when someone they know suffers from depression and anxiety. The presentation emphasizes engaging in positive activities.



Date: 1/18/2013
Time: 2:00PM
Place: Cherrylee Gardens

LAC DMH
LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH

Sample Flyer

Good Sleep for Emotional Well-Being



Strategies to Encourage Participation

- Important and effective Strategy to increase participation:
 - “key” individuals to attend the very first workshop”
 - The next very important thing that many come away with is; "my situation is normal, many people go through this" or "so just getting better sleep or eating better or getting out and seeing the sunshine can make me feel better".
- Impacts of Outreach and Education:
 - Empowerment
 - Resource availability

Strategies to Encourage Participation

- Tenants' Experience:
 - “It has been such a positive experience”
 - “Getting people involved”
- “The workshop is so welcoming and reassuring”; “it takes away any and all fears of what's wrong with me” and “focuses on positives. ”
- “So much so, that the few (skeptics or not) that attend the first one talk about it so much, those who missed want to come to the next one.”
- “Having such great presenters has helped tremendously as well.”

Engagement

- Managers/Service Coordinators
- Individual
- Purpose
 - Safety
 - Individual
 - Others
 - Improve quality of life
-

Collaboration with Managers/Service Coordinator

- Goals
 - Recognition of needs
 - Proper care
- Method
 - Presentation/education
 - Cultural consideration
 - Complaints => possible symptoms
 - Successful participation
- Resources in the community
 - Introduce programs available in the community to address different complaints

Engaging Individual

- Goals
 - Reduce stigmas
 - Assess needs
 - Educate on resources available
- Method
 - Rapport building
 - Normalize concerns
 - Assess for symptoms of mental health issues
- Highlight resources available and clarify benefits of the resources available.

CONTACT INFORMATION

MENTAL HEALTH ACCESS

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GENESIS (Main Number)

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